



F.A.S.T

DOWNLOADABLE RESOURCE

WHAT IS IT?

A DBT acronym for self-respect effectiveness, FAST is about maintaining your self-respect during conflict. You'll want to use these skills first in sequential order, and then all together.

F—Fair: Be fair to yourself and to others. Be fair to both your thoughts and your actions. Being fair means not using dramatic or judgmental thoughts or statements such as "I'm powerless in this situation" or "They're the worst!".

Look deeply to understand the situation and the context by asking questions such as *"What's going on for that person, and what's going on for me?"*

or

"I didn't agree with most of what he just said, but what were the things that were true?"

A—Apologise: Don't always apologize. Take responsibility only when appropriate. Apologizing can be very powerful in relationships. However, don't apologize when you haven't done anything wrong.

S—Stick: Stick to your values and don't compromise your integrity to gain an outcome. Stand up for what you believe in. In case you aren't sure of what you believe in, do some self-examination of your values. Be honest about what you value. You may want to make a list of your current values, and what you hope your values will be in the future.

T—Truthful: Be truthful about yourself and the situation. Don't exaggerate the actions or emotions in order to be proven right. Be honest with yourself and others.

Try asking these questions to yourself:

Are you exaggerating the situation? Are you minimizing it? Are your words true?

